

Getting Ready and Dressing for Your Body Scan Package

Thank you for scheduling a Software Tailoring Body Scan Package! We are providing this information so that you can be as prepared as possible for the scanning experience.

Posture:

During the scan, you will be asked to stand with your feet about hip-width apart and your arms at 35-45 degrees from your body. There are markers in the booth for foot placement and hand holds which will keep your arms at the correct position.

We generally want you to stand in a way that feels balanced and natural, but if we see that you are bearing weight or leaning to one side, or that one arm is raised higher than another, we will help you to adjust that. Even with these adjustments, however, **every person is asymmetrical in some way**. This is normal, and it is okay! Muscles on one side may be larger, or you may carry one shoulder higher than another due to curvature of the spine or the way you hold things. Our goal is to help you stand with good posture, but still be yourself.



WHAT TO WEAR

Foundation garments that fit well are key to a good scan. The scanner does not see through clothes, so what you are wearing will be included in the Master Pattern that is made from the scan. In general, **we recommend wearing undergarments similar to what you wear most often**, taking into account these guidelines:

- **Structured bras are best.** Padded and push-up bras add undesirable volume in the finished Software Tailoring Master Pattern. They can also be problematic if there is a gap between your bust and the bra straps. It's a good idea to try on your undergarments at home and check to see that the bra strap length fits well and your underwear fits smoothly. Our bodice Master Pattern needs to have a bridge across your bust to be able to get an accurate center front measurement. This measurement and several other measurements are taken by hand. All scans are done now with simple foundation garments. Leggings or bike shorts that are not super tight will give the scanner a clear view of the crotch area if you have fleshy thighs.

- **Neutral or black undergarments are best, preferably matte.** Shapewear (like Spanx) is okay if that is what you normally wear. Matte pantyhose are okay, but shiny can be reflective and can cause inaccuracies in measurements.

- **Lace** can cause texturing on the scan that can be tricky to smooth out, and **shiny white** garments are also problematic - they can cause measurement inaccuracies!

If you have any uncertainty about your foundation garments, please bring a few options to try. In summary, we find that leotards work best, followed by tank tops.

DO NOT WEAR SWIMWEAR as it compresses the body and causes measurement errors.

If you are unsure of what to wear you can bring several articles of clothing with you to try. Software Tailoring also has leotards in limited sizes for sale for \$20.00

Unless your hair is short, please bring something to pull it up off of your neck and shoulders. Be prepared to pin your hair up on your head or bring a cap to tuck your hair up. The scan will not give valid data if you have hair on your neck or shoulders.

WHAT THE SCAN IS LIKE

We try to ensure that the scanning process is as comfortable and private as possible. The booth is fully curtained, and we have a changing room for you to change into your scanning clothes. We mark certain areas on your body with

stickers so that we can check the accuracy of the scanner. You will stand in the scanning booth on the marked area for your feet, with your hands on the hand holds to assure the correct position of your arms. We take scans of you in 3 positions to ensure coverage in the underarm and crotch areas. Each scan takes about 30 seconds with 1-2 minutes of data processing.

We then review the scans with you and check the scan results with hand measurements on landmark areas of the body so that you are comfortable with the results. When we are checking the hand measurements, you will still be in your undergarments but you will have privacy in the scanning booth. The entire scanning process takes 30 – 45 min.

HOW WE HANDLE YOUR FILES

Privacy is a top priority for us. We know that you are sharing sensitive information about your body, and so we only use images we collect in the scanning process to make your pattern. They are **NEVER** shared with a third party for any reason.

Please don't hesitate to contact us with any questions before your appointment at:
Phone: 707 978-4986 or Email: info@software-tailoring.com.